



AI TRAINING: META AI



USING AI INSIDE YOUR SOCIAL
APPS: FACEBOOK, INSTAGRAM
& WHATSAPP



Session Goals

By the end of this session, participants will:

- Understand what Meta AI is and where it shows up
- Learn how to access and use Meta AI
- Practice writing effective prompts
- Explore real-life uses inside messaging and social apps
- Learn safety and privacy tips



What is Meta AI?

- Meta AI is an artificial intelligence assistant built into:
 - Facebook
 - Instagram
 - WhatsApp
 - Messenger
 - It can:
 - Answer questions
 - Generate images
 - Help write messages
 - Provide suggestions
- 📌 Think of it as AI inside your social apps.

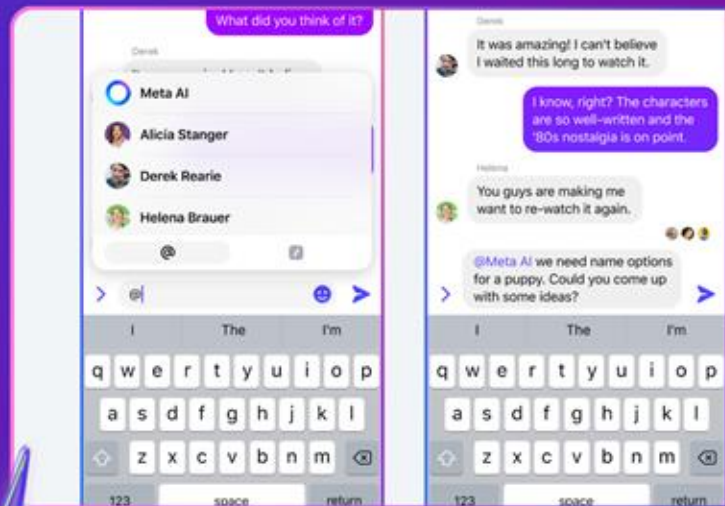


Where You'll Find Meta AI

- Messenger (chat assistant)
- Instagram (search + chat)
- WhatsApp (AI chat tool)
- Facebook search bar

You may see:

- "Ask Meta AI"
- A search bar with AI suggestions
- It's built right into apps you already use.



How to Use Meta AI

1. Open Facebook, Instagram, or Messenger

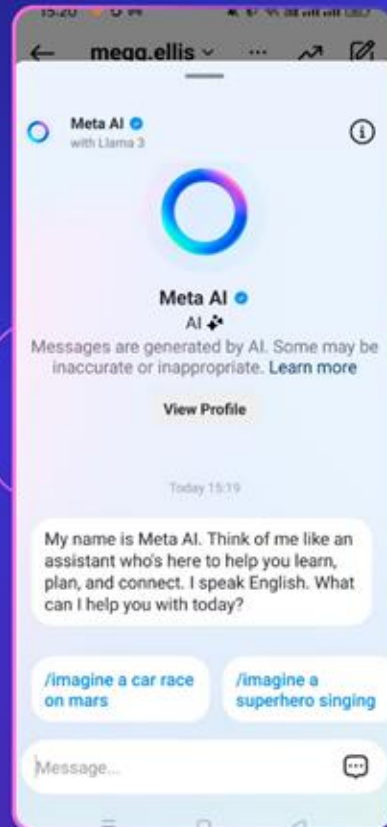
2. Tap the search bar or AI chat

3. Type your question or request

4. Read the response

5. Ask follow-up questions

👉 Works just like texting a person.



What Is a Prompt?

- A prompt is what you ask the AI

Examples:

- “What’s a quick dinner idea?”
- “Write a birthday message for my friend”
- “Explain this news story simply”
- ✦ Clear prompts = better answers.

How to Write a Good Prompt

Use this structure:

👉 Task + Details + Tone

Example:

✗ Weak:

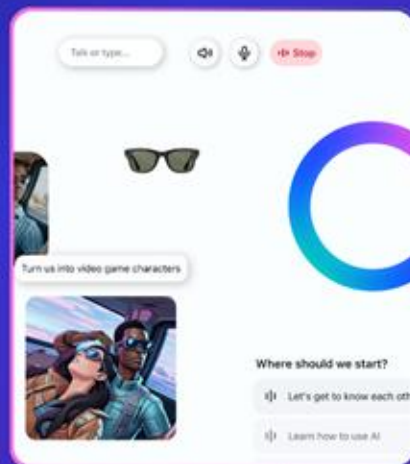
“Help me”

✓ Better:

“Write a friendly message inviting my friend to dinner this weekend”

What Meta AI Can Help With

- Writing messages or captions
- Answering questions
- Helping with shopping ideas
- Planning events or trips
- Creating images
- Explaining topics
- Great for quick everyday help.



AI Image Generation



Meta AI can create images:

Example prompts:

- “Create an image of a dog wearing sunglasses”
- “Draw a cartoon beach scene at sunset”

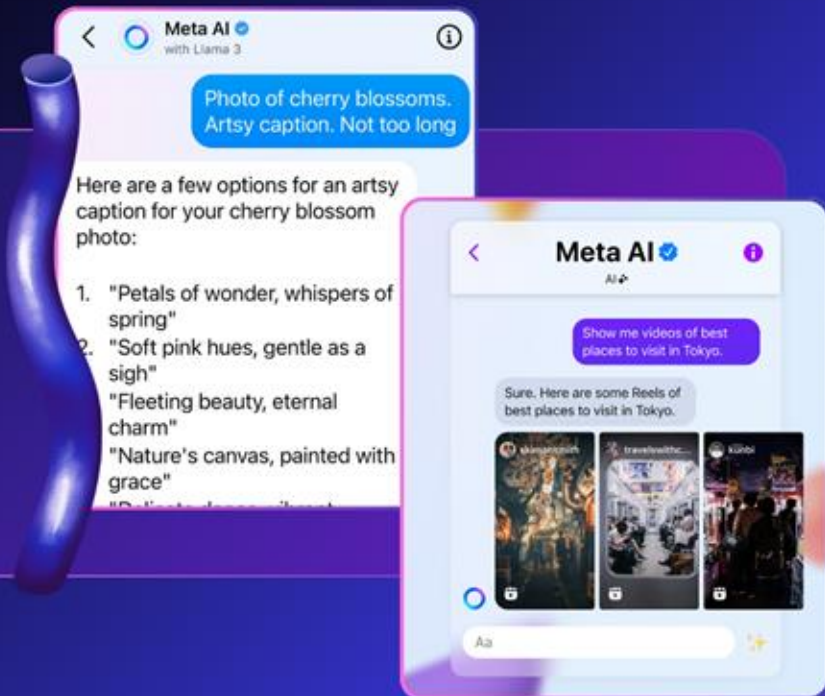
Uses:

- Social media posts
- Ideas and inspiration
- Creative fun
- 📌 Just type what you imagine.



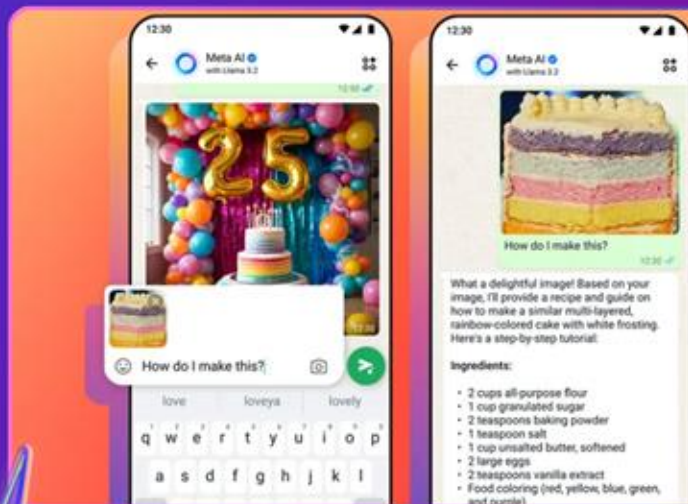
Meta AI for Social Media

- 🗨️ Write captions for Instagram
- 💬 Reply to messages
- 🧠 Suggest hashtags
- 🗨️ Brainstorm post ideas
- Example:
 - "Write a fun caption for a beach photo"
 - 📌 Saves time and boosts creativity.



Everyday Life Uses

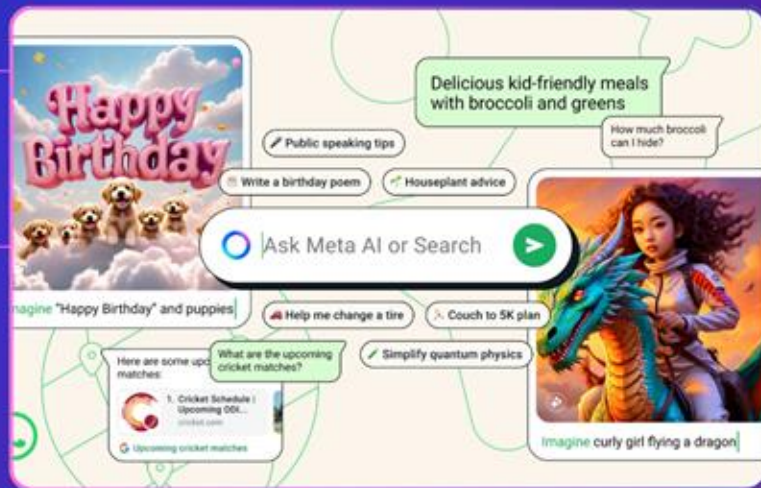
- 🍽️ Meal ideas
- 📦 Gift suggestions
- 📖 Quick learning
- 🎉 Event planning
- 📝 To-do lists
- Example:
 - “Plan a simple birthday party at home”



Tips for Better Results

- Be specific
- Add details
- Ask follow-up questions
- Try:
 - “Make it shorter”
 - “Explain simply”
 - “Give me ideas”

✦ You can keep refining your request.



Privacy & Safety Tips

- Review app privacy settings
- Be aware AI may use data to improve responses
- Avoid sensitive conversations
- Use official apps only
- 📌 Stay safe while using AI tools.

What NOT To Do

- ❌ Don't share personal info (passwords, SSN, banking info)
- ❌ Don't trust everything without checking
- ❌ Don't use it for serious legal/medical decisions
- 📌 Always think before you share or rely on AI.

Meta AI vs Other AI Tools

Feature	Meta AI	ChatGPT / Gemini
Built into apps	Yes (social apps)	No
Social use	Strong	Limited
Writing help	Good	Strong
Image creation	Yes	Yes
Work tools	Limited	Strong

✦ **Meta AI is best for casual, everyday use.**

Final Takeaways



- Meta AI is easy to use and built into apps you already know
- It helps with:
 - Messages
 - Ideas
 - Everyday tasks
- Start simple and experiment
- ✦ AI is a tool – you're in control.





THANK YOU